

## ABSTRACT OF THE DISCLOSURE

An ergonomic work station for computer components or for other purposes that is especially adapted for use by an individual having decreased mobility due to back pain or other conditions. The work station includes a base that extends beneath a chair or bed. A support arm has counter weight on a first side of a pivotal mount and a work table on a second side of the pivotal mount. The support arm may be pivoted to place the table in a work position in front of a user or in vertical position to permit unobstructed egress from or ingress to the chair or bed. The counter weight allows for the support arm to be easily pivoted from the work position to the vertical position by application of only very light pressure.

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